



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active



**Kate Simkovic – State Manager Victoria
Active After-school Communities program**

History of the AASC program

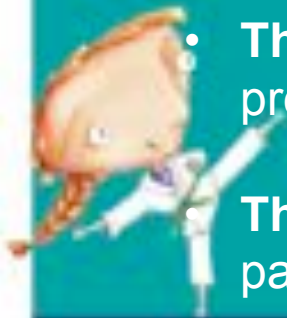
Initiated by the Australian Government as a result of key societal changes

- Primary school-aged children across Australia becoming less active and subsequently less healthy (*obesity focus was born*)
- The motor skill competencies of children being poor, in large part of the result of the continuing decline of physical education and sport in Australian schools which began over two decades ago
- Changed work patterns reducing opportunities for families to support the out of school activities of their children whether in sport or other activity areas
- The opportunities for children to be physically active in the home setting diminishing as families are mindful of the dangers of leaving children to play in unsupervised settings and often instruct children to stay inside
- Increased screen based leisure activities



What happened first...

- **National Obesity Taskforce** – senior reps from health sector
- **National Obesity Taskforce established a consultative forum** – the ASC represented SCORS (*Standing Committee on Rec and Sport*)
- **ASC developed the first Playing for Life concept** and with the Minister's office consulted with DCITA (*Dept of Information Technology, Communications and the Arts*) to develop a cross government implementation strategy outlining 2 program options
- **The Minister worked with the ASC to develop the final brief** of the preferred option for the PM
- **The ASC met with the PM&C** to discuss and debate the budget and parameters of the proposal



What happened first...(cont...)

- Pilot programs - commenced prior (late 2002/early 2003) as part of the joint initiatives between the Junior Sport Unit (ASC) and the state departments of Sport and Rec (VicHealth in Victoria)
 - not new funding but part of the ongoing operational and strategic outputs
- Research and evaluation completed
- Information used to shape the AASC program
- Importance of a strong R and E framework and stakeholder feedback process to secure future funding



Success factors

1. Rationale for proposed action was based on a solid evidence base relating levels of physical activity of children to occurrence of overweight and obesity.
2. There existed substantial community and political debate on the significance of the issue and the need for action.
3. The proposal was tangible, action orientated and feasible and put an Australian Government response to the community.
4. The process of developing and positioning the proposal was well managed and supported at the most senior levels.
5. Political and stakeholder support for the proposal was effectively harnessed.
6. Persistence!



AASC Objectives

- To increase the physical activity levels of Australian primary school-aged children through a nationally coordinated program
- To provide increased opportunities for participation in quality, safe, fun inclusive and structure physical activities
- To stimulate local community involvement in structured physical activity
- Up to 3250 Australian primary schools and/or CCB approved OSHCS to participate in the AASC program



Program Parameters

- Delivered in the after school time slot (3.00 to 5.30pm)
- 2 – 3 sessions per week
- 7 weeks per school term
- 15 – 50+ participants per session
- 60 minutes of structure physical activity provided



Grant Parameters

- Cost of supervision/coordination
- Deliverer fees
- Venue hire (if required)
- Transport of children to and from venue (if not held at the school)
- Purchase of equipment
- Supply of healthy afternoon tea (school programs only)



Quality Assurance Framework

- Only registered AASC deliverers can deliver the AASC program
 - Complete free CCTP (emphasis on P4L)
 - Hold a current WWCC
 - Initially probationary registered
 - Once assessed as competent fully registered for 2 years
 - Re-registration after 2 years (subject to ongoing assessments and development opportunities)
- P4L coaching ensures that the traditionally less active children are encouraged to participate



The AASC program 2005 - 2007

- Nationally phased roll out commencing term 2, 2005
 - Victoria 373 Schools/OSHCS'
- National capacity reached in Term 3, 2007
 - Victoria 825 Schools/OSHCS'
- Victoria has trained over 7,000 community members in CCTP
- Victoria has registered over 6300 coaches to deliver the AASC program
- There are 45 staff in Victoria: 1 SM, 1 ASM, 4 RMs, 1 AO, 38 RCs



The AASC program 2008 - 2010



- Program continuing to operate at funding capacity
- Current National focus areas
 - Continuous Improvement
 - Partnership & Positioning
 - People
- Current Victorian focus areas
 - Deliverer development & retention
 - Strategic partnerships at a local community level
 - Efficient internal administration



Program Case Studies

- **Circus Skills**
- **Dance**
- **Hockey**



Circus Skills

- Sites throughout Gippsland have been requesting Circus Skills however AASC staff have been unable to source suitable deliverers
- A SIG was granted that allowed for NICA to run 2 one day workshops to existing AASC registered coaches and site supervisors in the four AASC Gippsland regions (approx 50 people in total). Workshops were held in Bairnsdale and Morwell
- The workshops were in two parts
 - Circus skills with NICA trainers
 - A P4L refresher session by AASC staff with a focus on sessions from the AASC Companion Book – Circus Skills
- Term 3 & 4 2008 has now seen several AASC sites requesting circus skills and the coaches who have attended the workshops will deliver



Dance

- Allison Kooloos (Barwon Region) has sourced a number of dance deliverers for programs in Geelong, Colac and many of the smaller towns in the Surf Coast and Otway regions
- Dance programs have provided a great way to engage less active children
- Special schools in this region have used dance sessions as it allows the students to explore various movement techniques and build their confidence to participate in the group
- Contemporary dance styles have been most popular with high demand for break dancing
- *Existdance* are a break dancing company that have delivered at a number of sites; Beeac Primary School, Grovedale Primary School and Colac South West Primary School
- The deliverers from *Existdance* are highly skilled, fun and inclusive and this has seen them being very popular with sites



Hockey

- Drew Cathcart and Leesa Ray (Loddon region) have had a great deal of success with Hockey programs delivered by the Central Victorian Hockey Association (CVHA)
- They were limited in their ability to meet a growing demand that had spread between the AASC sites because of how successful they were at engaging the students
- The CVHA worked with Drew to apply for a SIG to purchase additional equipment kits which was successful
- The kits allowed them to deliver at 4 sites in Term 2, 2008 and there have been 7 requests for Term 3, 2008
- The profile of hockey around Bendigo has received a boost due to the number of programs now being ran and schools recommending CVHA to others as a great program option



AASC Beyond 2010

- Independent research findings from 2005-2007 has highlighted the program's success in meeting all stated objectives
- Independent research will continue for the current funding in 2010
- The AASC program has been identified in the recent Federal Government "Position on Sport" publication as a vehicle to enhance the activity levels of Australian children and development of grass roots sport
- The AASC will continue to work directly with the Federal Minister, and Government to ensure the AASC continues to meet the needs and future direction for grass roots sport
- AASC State programs to continue to work with state departments to form partnerships and achieve key outcomes





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Questions?



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